

220 TRIATHLON

**6 MONTH LONG DISTANCE
TRAINING PLAN**

Follow the suggested 'perceived exertion' (PE) rating for each session to peg your training efforts correctly.
 0 Nothing | 0.5 Very, very light | 1 Very light | 2 light | 3 light to easy | 4 easy to moderate | 5 moderate | 6 moderate to moderately uncomfortable
 7 moderately uncomfortable to moderately hard | 8 hard | 9 very hard effort | 10 at or close to max effort

KEY: km/h = kilometres per hour; MS = main set; PE = perceived exertion; RI = rest interval between sets; RP = race pace; TT = time trial PB = pull buoy

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	SWIM INTERVAL • Total = 2,500m Main set (MS) = 3 sets 100m + KICK @ PE 7 200m + PB @ PE 7 6 x 50m @ PE 8	SWIM INTERVAL • Total = 2,700m MS = 4 x 200m @ PE 8 4 x 150m @ PE 8 4 x 100m @ PE 8 4 x 50m @ PE 8	SWIM INTERVAL • Total = 2,500m MS = 3x (100m + KICK @ PE 7; 200m + PB @ PE 7; 6 x 50m @ PE 8)	SWIM INTERVAL • Total = 2,700m MS = 4 x 200m @ PE 8 4 x 150m @ PE 8 4 x 100m @ PE 8 4 x 50m @ PE 8
WED	BIKE INTERVAL • 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	BIKE INTERVAL • 1:20hr MS = 8x (4mins big gear high speed @ PE 8-9; 4mins @ PE 5-6)	BIKE INTERVAL • 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	BIKE INTERVAL • 1:20hr MS = 8x (4mins big gear high speed @ PE 8-9; 4mins @ PE 5-6)
THURS	RUN AEROBIC • 16km @ PE 6-8 Aim for consistent pacing & fuelling	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9; 90secs complete rest	RUN INTERVAL • 11km MS = 9 x 1km @ PE 8-9; 90secs complete rest	RUN INTERVAL • 12km MS = 10 x 1km @ PE 8-9; 90secs complete rest
FRI	SWIM AEROBIC • 4 x 600m @ PE 6-8 Increase speed in final 150m of each set	SWIM AEROBIC • 4 x 100m @ PE 8 • 4x (300m + PB @ PE 7 / 200m @ PE 8) • 4 x 100m @ PE 8	SWIM AEROBIC • 5 x 500m @ PE 6-8 Increase speed in final 150m of each set	SWIM AEROBIC • 5 x 500m @ PE 6-8 Increase speed in final 150m of each set
SAT	BIKE RACE PACE • 50km MS = 2 x 10km efforts at desired IM race pace	BIKE RACE PACE • 50km MS = 2 x 10km efforts at desired IM race pace	BIKE RACE PACE • 40km MS = 1 x 15km effort at desired IM race pace	BIKE • 120-130km @ PE 6-8 Undulating ride be efficient when climbing RUN • 5km @ PE 7
SUN	BRICK DUATHLON • Run 10km @ PE 7; • Bike 40km @ PE 8; • Run 5km @ PE 8 Include warm-up & cool-down	RUN RACE PACE • 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace	RUN AEROBIC • 24-25km @ PE 6-8 Aim for consistent pacing & fuelling	RUN RACE PACE • 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace

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	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	SWIM TIME TRIAL • 2.5km Include warm-up & cool-down	SWIM INTERVAL • Total = 2,800m MS = 2 x (400m/300m/200m/ 100m/50m) All @ PE 7-8	SWIM AEROBIC • 5 x 500m @ PE 6-8 Increase speed in final 150m of each set	SWIM INTERVAL • Total = 2,800m MS = 2 x (400m/300m/200m/ 100m/50m) All @ PE 7-8
WED	BIKE TIME TRIAL • 80km Create a 80km route outdoors. Include warm-up & cool-down	BIKE INTERVAL • 1:20hr MS = 8x (5mins big gear high speed @ PE 8-9; 3mins @ PE 5-6)	BIKE INTERVAL • 1:20hr MS = 3 x 15mins steady seated climb @ PE 7-9; 5mins @ PE 5	BIKE INTERVAL • 1:20hr MS = 8x (5mins big gear high speed @ PE 8-9; 3mins @ PE 5-6)
THURS	RUN RECOVERY • 10km @ PE 6 Must be a steady run. Forget fast.	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9 75secs complete rest	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9; 60secs complete rest	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9; 50secs complete rest
FRI	SWIM OPEN-WATER • Total = 1,500m Aim to include at least 2 x 400m continuous swim, plus focus on using the buoyancy in the wetsuit.	SWIM OPEN-WATER • Total = 1,700m Aim to include at least 2 x 500m continuous swims, plus focus on 'sighting' on the marker buoys	SWIM OPEN-WATER • Total = 1,800m Aim to include 1 x 1km continuous swim, plus focus on swimming in a group	SWIM OPEN-WATER • Total = 2,000m Aim to include at least 2 x 500m continuous swims, plus focus on race starts
SAT	BIKE RACE PACE • 40km MS = 2 x 10km efforts at desired IM race pace	BIKE AEROBIC • 120km @ PE 6-8 Find some long and tough hills RUN • 5km @ PE 7	RUN AEROBIC • 18km @ PE 6-8 Aim for consistent pacing & fuelling	BIKE AEROBIC • 150km @ PE 6-8 Focus on your nutrition strategy
SUN	RUN TIME TRIAL • 11km @ PE 5-6	RUN RACE PACE • 12km @ PE 5-6	BRICK • Bike 90km @ PE 7-8 • Run 10km @ PE 8 Include warm-up & cool-down	RUN RACE PACE • 16km @ PE 5-8 Include 3 x 3km efforts at desired IM race pace

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WEEK 9	WEEK 10	WEEK 11	WEEK 12
REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON			
TUE	SWIM INTERVAL • Total = 3,000m MS = 5 x 200m @ PE 8 5 x 150m @ PE 8 5 x 100m @ PE 8 5 x 50m @ PE 8	SWIM AEROBIC • 3 x 800m @ PE 6-8 Increase speed in final 200m of each set	SWIM INTERVAL • Total = 3,000m MS = 5 x 200m @ PE 8 5 x 150m @ PE 8 5 x 100m @ PE 8 5 x 50m @ PE 8
WED	BIKE INTERVAL • 1:20hr MS = 8 x 6mins aero position @ PE 7-8 2mins @ PE 5	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9; 45secs complete rest	BIKE INTERVAL • 1:20hr MS = 8 x 6mins aero position @ PE 7-8 2mins @ PE 5
THURS	SWIM OPEN-WATER • Total = 2,400m Aim to include at least 3 x 400m that include changes in pace	SWIM OPEN-WATER • Total = 2,400m Aim to include at least 8 x 200m hard swims with 60secs complete rest	SWIM OPEN-WATER • Total = 2,200m Aim to include 1 x 1.5km continuous swim, plus focus on swimming in a group
FRI	RUN RACE PACE • 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	BIKE INTERVAL • 1:20hr MS = 6 x 8mins aero position @ PE 7-8; 2mins @ PE 5	RUN RECOVERY • 5km @ PE 6 Must be a steady run. Forget fast.
SAT	BIKE RACE PACE • 120-130km MS = 3 x 25km efforts at desired IM race pace	SWIM OPEN WATER • 1,000m @ IM race pace RUN RECOVERY • 5km @ PE 6 Must be a steady run. Forget fast.	SWIM OPEN WATER • 2,000m @ IM race pace RUN RACE PACE • 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace
SUN	RUN AEROBIC • 25km @ PE 6-8 Aim for consistent pacing & fuelling	RACE DAY OLYMPIC DISTANCE TRIATHLON • Swim 1,500m • Bike 40km • Run 10km Execute IM race pace. This is a training session.	BRICK AEROBIC • 25km @ PE 6-8 Aim for consistent pacing & fuelling • Bike 120km @ PE 7-8; • Run 10km @ PE 8 Think about fuelling

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	WEEK 13	WEEK 14	WEEK 15	WEEK 16
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	SWIM INTERVAL • Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	SWIM INTERVAL • Total = 3,200m MS = 4 x 100m @ PE 8 6 x 300m @ PE 7 4 x 100m @ PE 8	SWIM INTERVAL • Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	SWIM INTERVAL • Total = 1,800m MS = 15 x 100m @ PE 8
WED	BIKE INTERVAL • 1:20hr MS = 3 x 15mins aero position @ PE 7-8 5mins @ PE 5	RUN INTERVAL • 10km MS = 8 x 1km @ PE 8-9; 45secs complete rest	BIKE INTERVAL • 1hr MS = 2 x 15mins aero position @ PE 7-8; 5mins @ PE 5	BIKE RECOVERY • 1hr @ PE 6 Include 5 x 3mins @ PE 8; 5mins @ PE 6 in middle of hour
THURS	SWIM OPEN-WATER • Total = 2,800m Aim to include at least 3 x 600m that include changes in pace	SWIM OPEN-WATER • Total = 2,400m Aim to include at least 5 x 300m continuous swims, plus focus on race starts	SWIM OPEN-WATER • Total = 3,000m Aim to include 1 x 2km continuous swim, plus focus on swimming in a group	SWIM OPEN-WATER • Total = 1,500m Aim to include at least 4 x 200m hard swims with 60secs complete rest
FRI	RUN RACE PACE • 8km @ PE 5-8 Include 3 x 1.5km efforts at desired IM race pace	BIKE RECOVERY • 1hr @ PE 6 Include 5 x 3mins @ PE 8 5mins @ PE 6 in middle of hour	RUN INTERVAL • 7km MS = 6 x 1km @ PE 8-9; 60secs complete rest	REST-DAY
SAT	BIKE RACE PACE • 60km MS = 2 x 12km efforts at desired IM race pace	SWIM OPEN-WATER • 2,000m @ IM race pace RUN RECOVERY RUN • 4km @ PE 6 Must be a steady run. Forget fast.	BIKE AEROBIC • 180km Bike @ PE 6-8 Focus on your nutrition strategy & pacing	RUN RACE PACE • 6km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace
SUN	RUN AEROBIC • 28km @ PE 6-8 Aim for consistent pacing & fuelling	BRICK • Bike 90km @ PE 7-8 • Run 14km @ PE 8 Think about fuelling	RUN RECOVERY • 8-10km @ PE 6 Must be a steady run. Forget fast.	RACE DAY MIDDLE-DISTANCE TRIATHLON • Swim 1,900m • Bike 90km • Run 21km Execute IM race pace. This is a training session.

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	WEEK 17	WEEK 18	WEEK 19	WEEK 20
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	SWIM INTERVAL • Total = 1,800m MS = 4 x 200m @ PE 7-8 4 x 100m @ PE 8	SWIM TIME TRIAL • 2.5km Include warm-up & cool-down	SWIM INTERVAL • Total = 3,000m MS = 8 x 200m @ PE 7-8 8 x 100m @ PE 8	SWIM INTERVAL • Total = 2,400m MS = 20 x 100m @ PE 8
WED	BIKE INTERVAL • 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	BIKE TIME TRIAL • 80km Create a 80km route outdoors. Include warm up & cool down	BIKE INTERVAL • 1:30hr MS = 3 x 15mins aero position @ PE 7; 3mins hard @ PE 8-9; 7mins @ PE 5	RUN TIME TRIAL • 18km Include warm-up & cool-down
THURS	SWIM OPEN-WATER • Total = 3,200m Aim to include at least 4 x 600m that include changes in pace	SWIM OPEN-WATER • Total = 2,500m Aim to include at least 5 x 300m continuous swims, plus focus on race starts	SWIM OPEN-WATER • Total = 3,500m Aim to swim continuous at IM race pace	SWIM OPEN-WATER • Total = 3,500m Aim to swim continuous at IM race pace
FRI	RUN RACE PACE • 8km @ PE 5-8 Include 3 x 1.5km efforts at desired IM race pace	BIKE RECOVERY • 1hr @ PE 6 Include 5 x 3mins @ PE 8 5mins @ PE 6 in middle of hour	RUN INTERVAL • 7km MS = 6 x 1km @ PE 8-9 60secs complete rest	REST-DAY
SAT	BIKE RACE PACE • 40km MS = 2 x 10km efforts at desired IM race pace	SWIM OPEN-WATER • 3000m @ IM race pace RUN RECOVERY • 4km @ PE 6 Must be a steady run. Forget fast.	BIKE AEROBIC • 160km @ PE 6-8 Focus on your nutrition strategy & pacing	RUN RACE PACE • 8km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace
SUN	RUN AEROBIC • 32-34km @ PE 6-8 Aim for consistent pacing & fuelling	BRICK • Bike 40km @ PE 7-8 • Run 20km @ PE 8 Think about fuelling & IM race pace	RUN RECOVERY • 8km @ PE 6 Must be a steady run. Forget fast.	BRICK • Bike 100km @ PE 7-8 • Run 10km @ PE 8 Think about fuelling & IM race pace

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	WEEK 21	WEEK 22	WEEK 23	WEEK 24
	REST-DAY	REST-DAY	REST-DAY	REST-DAY
MON				
TUE	SWIM INTERVAL • Total = 3,200m MS = 4 x 100m @ PE 8 6 x 300m @ PE 7 4 x 100m @ PE 8	SWIM INTERVAL • Total = 2,800m MS = 2 x (400m/300m/ 200m/100m/ 50m) All @ PE 7-8	SWIM INTERVAL • Total = 2,800m MS = 4 x 100m @ PE 8 5 x 300m @ PE 7 4 x 100m @ PE 8	SWIM INTERVAL • Total = 2,000m MS = 8 x 200m @ PE 8
WED	BIKE INTERVAL • 1:30hr MS = 3 x 15mins aero position @ PE 7 3mins hard @ PE 8-9 7mins @ PE 5	BIKE INTERVAL • 1:30hr MS = 3 x 15mins aero position @ PE 7 3mins hard @ PE 8-9 7mins @ PE 5	BIKE INTERVAL • 1hr MS = 2 x 15mins aero position @ PE 7 3mins hard @ PE 8-9 7mins @ PE 5	RUN RACE PACE • 10km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace
	REST-DAY	SWIM OPEN WATER • 3,800m Aim to swim continuous at IM race pace	RUN RECOVERY • 8-10km @ PE 6 Must be a steady run. Forget fast.	REST-DAY
THURS				
FRI	BIKE RECOVERY • 30-45km @ PE 6-7 Include 3 x 5km efforts at IM race pace	RUN RACE PACE • 12km @ PE 5-8 Include 3 x 2km efforts at desired IM race pace	REST-DAY	BIKE RECOVERY • 30-45km @ PE 6-7 on race course Include 3 x 5km efforts at IM race pace
SAT	SWIM OPEN WATER • 3,000m at IM race pace RUN RACE PACE • 5km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace	SWIM OPEN WATER • 3,000m at IM race pace BIKE RACE PACE • 100km MS = 4 x 15km efforts at desired IM race pace	SWIM OPEN WATER • 3,500m at IM race pace RUN RACE PACE 5km @ PE 5-8 Include 3 x 1km efforts at desired IM race pace	SWIM OPEN WATER • 1,000m on race course RUN RACE PACE 5km @ PE 5-8 on race course Include 3 x 1km efforts at desired IM race pace
SUN	BRICK • Bike 140km @ PE 7-8 • Run 20km @ PE 8 Think about fuelling & IM race pace. Follow your plan.	RUN AEROBIC • 24km @ PE 6-8 Aim for consistent pacing & fuelling	BRICK • Bike 60km @ PE 7-8 • Run 8km @ PE 8 Think about fuelling & IM race pace.	RACE DAY IRONMAN TRIATHLON • Swim 3,800m • Bike 180km • Run 42.2km Execute IM race plan!